



Clay Community Health Happenings

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Florida Kidcare

1.8 million children are covered by Florida KidCare. Children enrolled in Florida KidCare receive comprehensive health coverage including doctor visits, check-ups, shots, surgery, prescriptions, vision and hearing screenings, mental health care, dental check-ups, and hospital stays. Many families pay \$20 or less per month, but most pay nothing at all. Full-pay options are available for families with higher income levels.

According to 2006 statistics from the Florida Hospital Association, Clay County has a 17.2% uninsured rate for minors under the age of 18. "Good health is important for young people as it sets the stage for well-being in later life," says Nancy Mills, administrator of the Clay CHD. "Children from low income families do not have to go without the insurance needed to provide necessary health and dental care."

There is a strong and growing network of people who care about the uninsured kids in this state, and they are providing resources and support for enrolling eligible children in Florida KidCare. Families with uninsured children, regardless of income, can qualify for the program. "If you have uninsured children, apply for Florida KidCare now, Mills urges parents. "You can't afford not to."

Applying for KidCare is easy. Families can apply online at their convenience by visiting www.floridakidcare.org. To request an application by mail or for additional information, call 1.888.540.KIDS (5437) or find the link at www.healthyclaycounty.com

Flu Activity Continues to Increase in Clay County

Flu activity has also increased statewide. The Communicable Diseases/Epidemiology program continues to monitor county, state and national flu activity trends. Lab confirmed cases of Influenza A H3 (seasonal flu) has increased from 62% to 100% in the past couple of weeks. Clay County has not reported any Influenza B in recent months.

Flu symptoms include fever, weakness, headache, muscle aches, runny nose, sore throat and cough. People usually feel better within 2-7 days. Complications can occur in the elderly and those who have chronic illnesses such as heart failure, asthma or emphysema. People are encouraged to:

- Get the flu vaccination, available at numerous locations throughout Clay County
- Stay home from work or school when sick
- Cover cough and sneezes
- Wash hands frequently and for the recommended 20 seconds
- Get plenty of rest

- Do not share eating or drinking utensils
- Avoid close contact with people who are sick or with others when you are sick

FIGHT THE BITE!

Poster Contest

www.fightthebitecontest.org

- Sponsored by the Centers for Disease Control and Prevention and DEET Education Program, the contest encourages students to illustrate ways to protect themselves from diseases spread by mosquitoes and ticks.
- Two poster contest Grand Prize winners each receive a \$1,000 check and award certificate.
- The 5th and 6th grade winners for each state will receive a \$50 check and certificate.
- Winning posters from prior years are posted at www.fightthebitecontest.org.
- "Helpful Hints" for students working on posters and "Tips for Teachers" that include ways to incorporate the contest into science or health lessons are also on the website.
- Teachers can find classroom materials and other teacher resources from the California Department of Health at www.cdph.ca.gov/HealthInfo/discond/Pages/DLTTCurriculumforTeachers.aspx
- April 18, 2011 is the deadline. The contest is open to all 5th and 6th grade students in the U.S.



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Young children with involved fathers display enhanced social skills, higher self-esteem and more self control. They have increased curiosity and greater tolerance for stress and frustration. These children also have higher verbal skills and score higher on academic tests. The opposite is true when fathers are absent. Those children are 2-3 times more likely to make poor choices with their health, behavior, substance use and education. Involved fathers or father figures do make a difference!

Healthy Start, in partnership with Early Head Start, is offering a FREE hands-on workshop for first time fathers. Fatherhood is a wonderfully exciting and sometimes scary new adventure. This workshop is taught man-to-man. Veteran dads bring their babies and their experiences to teach rookie dads the ropes of becoming committed, loving and involved fathers.

Topics include forming a parenting team, bonding with baby, and helping mom with breastfeeding. There are hands-on activities under the guidance of the experienced dads. Rookies can practice safe baby holding, swaddling, soothing, feeding and maybe, if they're lucky, they'll get to

observe an expert diaper change!

The fatherhood support network they develop in this workshop will be a great resource for future questions.

Daddy Boot Camp workshops are offered quarterly. Participants will receive free books, T-shirts and a delicious lunch. Call Healthy Start at 682-7076 or Head Start at 213-3071 to register. Give the gift of responsible fatherhood to yourself, your baby and the mother of your child.

"The guys who fear becoming fathers don't understand that fathering is not something perfect men do, but something that perfects men"

- Frank S. Pittman, MD

Clay County Health Care Summit Explores the Safety Net

One of the "Call to Action" goals of the recently completed 2010 Community Needs Assessment was to hold a summit to address both the assets and deficits of the "safety net" health care services in Clay County. Over 50 stakeholders convened for a series of two meetings. The group discussed the status of the uninsured in Clay County, gained a better understanding of the safety net services in the County, and discussed the impact of Medicaid Reform and the potential impacts of national health care reform.

Presentations by guest speakers from federal, state and local organizations provided information on these

issues, including discussions of best practice models of systems of care. Presenters included Stephen Dorage, Regional Coordinator for Health Resource Services Administration (HRSA); Phil Street, Senior Health Policy Coordinator for the Florida Department of Health (FL DOH); Paul Belcher, Senior Vice-President of the Florida Hospital Association; Jay Millson, Vice-Chair of Northeast Florida Health Information Consortia; Travis Coker, Director of Legislative Affairs and Special Projects, Florida Association of Community Health Centers (FACHC); Margaret Brennan and Maureen Stapleton Kermacki of Primary Care Access Network of Orange County Florida (PCAN).

The stakeholders concluded that Clay County has all of the pieces necessary, including the "community will", to refine a system of care that provides access to quality and affordable health care for all residents and ensures financial sustainability to the providers who are providing the much needed services. Work on this project continues under the leadership of the Health Department, Orange Park Medical Center, St. Vincent's Healthcare, and The Way Free Clinic. Steps are underway to form a steering committee to develop a network of care to meet the needs of the under and uninsured residents of Clay County. More information will be provided as the process continues.